



MSU Retiree Association's [Website](#) and [Brochure](#)

MSURA SPARTAN SENIOR NEWSLETTER November-December 2020:
[Online here](#). Previous issues [click here](#).

**RECORDINGS OF PAST MEMBERSHIP MEETINGS NOW AVAILABLE ON
MSURA [WEBSITE](#).**

**NOVEMBER MEMBERSHIP MEETING, MONDAY, NOVEMBER 9, 2020 2-3PM,
FRAUD PREVENTION**, Thomas Holt, Director of MSU School of Criminal Justice.

Fraud schemes have been on the increase nationally over the last several years. These schemes continue to evolve and people continue to become victims. What can we do to protect ourselves from being a victim to these schemes? He will present some of the schemes and what we can do to identify them and how we can protect ourselves.

Holt's research focuses on computer hacking, malware, and the role of the internet in facilitating all manner of crime and deviance. His work has been published in various journals including Crime and Delinquency, Deviant Behavior, the Journal of Criminal Justice, and Youth and Society. Holt has three degrees from the University of Missouri, including his Ph.D.

Due to the COVID-19 restrictions this meeting will not be held in person. Instead it will be held virtually through the internet using a service called, "ZOOM". For details on how to join a MSURA Zoom meeting see the [MSURA website](#).

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/93566667284>

Meeting Id: 935 6666 7284

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 290664

THURSDAY, NOVEMBER 12, 2020 3:30-4:30PM, Eli & Edythe Broad Art Museum
Director Mónica Ramírez-Montagut, her vision for the museum, and much more

Due to the COVID-19 restrictions this meeting will not be held in person. Instead it will be held virtually through the internet using a service called, "ZOOM". For details on how to join a MSURA Zoom meeting see the [MSURA website](#).

Zoom Meeting Information:

Meeting Link: <https://msu.zoom.us/j/91290036594>

Meeting Id: 912 9003 6594

Meeting Passcode: MSURA (case sensitive all caps)

Meeting Telephone Number: 312-626-6799

Meeting Telephone Passcode: 809914

DECEMBER MEMBERSHIP MEETING, MONDAY, DECEMBER 14, 2020 2-3PM,
Wild Bees and How Can We Help, Dr. Rufus Issacs, MSU Department of Entomology

Due to the COVID-19 restrictions this meeting will not be held in person. Instead it will be held virtually through the internet using a service called, "ZOOM". For details on how to join a MSURA Zoom meeting see the [MSURA website](#). Zoom Meeting information will be available closer to the event date.

TUESDAY, NOVEMBER 10, 2020 8PM, THROUGH THE BANKS OF THE RED CEDAR RIVER, DEBUTS ON BIGTEN NETWORK. "Through the Banks of the Red Cedar," from Writer/Director Maya Washington (Running Water Entertainment), is a play on the Michigan State University fight song, that follows the 50-year legacy of the filmmaker's father, legendary Vikings wide receiver Gene Washington (College Football Hall of Fame, Big Ten Ford-Kinnick Leadership Award, Michigan State Athletics Hall of Fame, 50 Greatest Vikings Honoree) from the segregated South to MSU alongside highly decorated teammates Bubba Smith (Defensive Lineman), George Webster (Rover Back) and Clinton Jones (Running Back) as they become members of the first fully integrated football team in America, later making history as first-round picks in the 1967 Draft.

MSU HEALTH4U PROGRAMS FOR YOU

From the MSU Office of the University Physician virtual programs for you. For a list of and more information on upcoming programs, please visit - <https://health4u.msu.edu/>. You need to register for some of the programs. Most programs are free.

Upcoming Programs:

- Reflect and Connect: Tending to Our Burnout and Exhaustion, 11-Nov 3PM
- Culinary Cooking & Concepts: Fall Harvest Feast, 19-Nov 6:30PM
- Seasonal Affective Disorder (SAD), 9-Nov 2PM
- Rest with Music, 16-Nov 12:10PM
- Naming and Navigating Ambiguous Loss, 11-Dec 12PM
- And many more programs for you

NEW HUMANA HEALTH AND PRESCRIPTION DRUG PLANS FOR RETIREES See latest information in the MSU Retirees' [November-December Newsletter](#) on page 5.

DRIVE-THRU FLU SHOT, OFFERED BY MSU PHARMACY

You can now receive your flu shot without leaving the safety and comfort of your car. For more information, times and places, see the MSU Pharmacy [website](#).

**** CORONAVIRUS / COVID-19 ****

Because of COVID-19, the MSU Retirees' Association Board has decided to have the monthly membership meetings virtually using a web service called ZOOM. We will not meet in person until it is safe to do so.

HOW TO JOIN A ZOOM MEETING?

Information how to connect/join a MSURA Membership Meeting using ZOOM service is on the MSURA website (retirees.msu.edu). A brief [how-to video](#) is available. There is no fee, or subscription needed to use ZOOM to attend MSURA events.

In short, you can call in on your telephone and listen to the meeting or you can use your computer, smart phone, tablet or other smart device to join the meeting as an attendee virtually. Meetings will be recorded and available on the MSURA website, so if you missed it, you can still see it.

The Zoom meeting information is on MSURA [website](#) as part of the event announcement. If you have not used Zoom virtual meeting service before, watch the [how-to video](#) .

We have a great line up of speakers for this year's membership meetings, so we hope you will join us.

Helpful Resources for Retirees

- MSU Extension Online Resources (including adult online learning/health and wellness content): <https://www.canr.msu.edu/rlr/index>
- MSU Alumni Livestream Catalog: <https://alumni.msu.edu/learn/online/livestream-and-video-content/>
- MSU WorkLife Office Webinars: <https://worklife.msu.edu/blog/taking-care-yourself-times-uncertainty>

VOLUNTEER OPPORTUNITIES

If you are looking for meaningful opportunities to serve others during the COVID19 situation, the East Lansing Primetime program is referring people who want to help register as a volunteer to call homebound seniors who would like to be called. To register they can use the link below to the Tri County Office on Aging (TCOA) to reach out to recipients of Meals on Wheels . TCOA is trying to reduce exposure to this vulnerable population of seniors who receive MOW, so they will only deliver meals weekly rather than daily. They will be receiving frozen meals they can heat up. TCOA appreciates the support of those willing to help with calls.

The first step to volunteering is to register as a volunteer at www.tcoa.org/volunteer . They will process applications and reach out to people as quickly as they can. A simple phone call can help people feel connected to the outside world. If possible it would be great if MSU Retirees could participate.

VACCINATIONS FREE TO MSU RETIREES at MSU Clinical Center Pharmacy Monday through Friday 8AM to 5PM. Questions check [Pharmacy's website](#) or call the Pharmacy, 517-353-3000.

- * **Flu vaccines**
- * **Shingles vaccines, “SHINGRIX”**
- * **Tetanus vaccines, “Tdap”**

TRI-COUNTY OFFICE ON AGING PROGRAMS FOR SENIORS

Tri-County Office on aging has a number of programs to assist seniors? Most are FREE of charge. Check out what they have coming up including programming addressing: diabetes, chronic pain, managing concerns about falls, and programs for caregivers too. <https://www.tcoa.org/classes/evidence-based-programs/>

MSU ELI AND EDYTHE BROAD ART MUSEUM EVENTS, current and upcoming [events](#).

MSU COLLEGE OF MUSIC EVENTS. Interested in musical experiences? See their website’s [Events Page](#) for upcoming performances, along with details.

MSU THEATER’S EVENTS, check out theatre.msu.edu to see the special events and programming.

MSURA GROUPS AND ACTIVITIES: There are several interest groups on our website – with everything from bowling to walking [click for list](#). Below is information on current active groups.

<u>GROUP</u>	MSURA GENERAL INFORMATION	CONTACT
<u>Amateur Radio Club</u>	We are amateur radio enthusiasts.	Ed Ozer, W8EO at oxer@msu.edu .
<u>Genealogy</u>	Meets monthly, contact Cathy Estrada for more information.	Cathy Estrada cje1026@yahoo.com (517) 256-3733
<u>Knitters</u>	Meetings are every other Tuesday in room 27 Nisbet bldg.	Rosemary Pavlik, pavlik@msu.edu
<u>Quilters</u>	3 rd Monday of each month at 1:00PM at University Luther Church, 2010 S. Harrison, EL	Ann Booren, boorena@msu.edu
<u>Travel Discussion</u>	Contact Al LeBlanc for meeting times and more information.	Al LeBlanc aleblanc@msu.edu or 517-655-6545
<u>Military History Study</u>	Meetings announced through email. Contact Al LeBlanc for more information.	Al LeBlanc aleblanc@msu.edu or 517-655-6545
<u>Walking</u>	Walk the campus river trail and other great places with your fellow retirees. Contact Rick Vogt for more information.	Rick Vogt, vogtrick@comcast.net

MSURA FACEBOOK PAGE: Are you involved in an interesting endeavor? MSURA wants to hear from you! Send us photos and/or a paragraph of your involvement and we'll add to the MSURA Facebook page. View all MSURA posts and photos at <https://www.facebook.com/MSURetirees>.

MSURA ENDOWED STUDENT SCHOLARSHIP: The MSU Retirees' Association started an endowed student scholarship in 2015. We wanted to support the next generation of our Spartan families. Today, we have endowed two scholarships and we are working on the third. These \$2500 scholarships are a big help in helping our young people. If you would like to contribute or make a pledge, go to www.givingto.msu.edu/1923; Additional contributions are welcomed and very much appreciated by the MSU students who benefit from these scholarships.

MSURA VOLUNTEERS: The MSU Retirees Association is an all-volunteer organization, and everything we do is made possible by MSU retirees and their

spouses. If you have an interest in volunteering with the MSURA by sharing your ideas, time and talents, or willing to help in any way, please give us call at [517-353-7896](tel:517-353-7896) and leave your name and phone number. Thank you for your interest and willingness to serve MSURA.

(En1860)

MSURA Contact Information: Suite 22, 1407 Building, 1407 S. Harrison Rd, East Lansing, MI 48823-5239. Phone [\(517\) 353-7896](tel:517-353-7896); email msura@msu.edu; website www.retirees.msu.edu; Join our [Facebook page](#); To unsubscribe or change your email address: MSURA.List.Manager@gmail.com